

Take a breath find a safe space
I'm a panic attack when you meditate
Got me second guessing every quest that I'm taking
Till I took a slip, fell into the well
Self medication
I just want the fame for the fame's sake
Here I go again strappin' atom bombs to my namesake
I know I am just what I am, but can I get my therapist
To see me more than just a six on the enneagram

You're the one crawling out of the hellmouth
Megatons coming straight from the meltdown
Turning all my godsend into hellhounds

Guess I got to get my heart right
With the way the truth and the fist fight
I'm just like, they say it only take a teaspoon of water to drown
But I've been gulping down oceans, only choking on what I put my hope in
Suffered a nervous breakdown
Bringing Christmas Eve back to Halloween Town
I expend a lot of energy hiding all this crisis behind my eyes
It's why I'm traveling back into black holes
Neil DeGrasse Tyson

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We're running from pain
It's all in the game
We maintain the strain can't move on
Living in shame
Who can we blame?
Keep doing you, push right on
Gotta cut the lights on
Living right me and you might have to fight homes
Look at this life yo
We rocking but can't get it right though
I've been in the deep end
Middle of the dark still fightin' off demons
Doubts in my heart tell me go another round
But I gotta start swinging
Lookin for a meanin'
Or a way to make it out of this dream
Life as it seems
Is a veil of tears
A valley of screams
Nobody makes it out clean

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